

IDAHO CONTENT STANDARDS
KINDERGARTEN
HEALTH

Standard 1: Healthy Lifestyles

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6	Objective 7	Objective 8	Objective 9	Objective 10	Objective 11
Goal 1.1: Acquire the essential skills to lead a healthy life.	K.H.1.1.1 Describe exercise. (769.01.a)	K.H.1.1.2 Recognize the role of germs in spreading disease. (769.01.b)	K.H.1.1.3 Recognize safety signs and procedures at home, school, and around the neighborhood. (769.01.c)	K.H.1.1.4 Describe how each person experiences a variety of feelings and moods. (769.01.d)	K.H.1.1.5 Differentiate between helpful and harmful drugs. (769.01.e-1)	K.H.1.1.6 Identify medicines/drugs, their safe use, and safe places. (769.01.e-1)	K.H.1.1.7 Differentiate between healthy and unhealthy foods. (769.01.f)	K.H.1.1.8 Identify body parts. (769.01.g)	K.H.1.1.9 Describe the family. (769.01.h)	K.H.1.1.10 Identify health products commonly used. (769.01.i)	K.H.1.1.11 Identify healthy environment. (769.01.j)

Standard 2: Risk Taking Behavior

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6	Objective 7	Objective 8	Objective 9	Objective 10	Objective 11
Goal 2.1: Demonstrate the ability to practice health-enhancing behaviors and reduce health risks.	K.H.2.1.1 Explain that germs are everywhere and are invisible. (770.01.a)	K.H.2.1.2 Identify acceptable and unacceptable behavior. (770.01.b)	K.H.2.1.3 Discuss how to make a wise responsible choice. (770.01.c)								

Standard 3: Communication Skills for Healthy Relationships

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6	Objective 7	Objective 8	Objective 9	Objective 10	Objective 11
Goal 3.1: Demonstrate the ability to use communication skills to enhance health.	K.H.3.1.1 Identify the ways a person expresses feelings and moods. (771.01.a)	K.H.3.1.2 Demonstrate appropriate ways to say no. (771.01.b)	K.H.3.1.3 Identify “verbal” and “nonverbal” communication skills. (771.01.c)								

Standard 4: Consumer Health

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6	Objective 7	Objective 8	Objective 9	Objective 10	Objective 11
Goal 4.1: Organize, analyze, and apply health information practices and services appropriate for individual needs.	K.H.4.1.1 Identify health products (soap, shampoo, toothpaste). (772.01.a)	K.H.4.1.2 Identify poison symbols (Mr. Yuck, skull, crossbones). (772.01.b)	K.H.4.1.3 Identify health workers. (772.01.c)								

Standard 5: Mental and Emotional Wellness

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6	Objective 7	Objective 8	Objective 9	Objective 10	Objective 11
Goal 5.1: Understand and demonstrate the key components to positive mental and emotional health.	K.H.5.1.1 Identify feelings. (773.01.a)	K.H.5.1.2 Identify that each person experiences different feelings and moods. (773.01.b)	K.H.5.1.3 Explore the benefits of play. (773.01.c)	K.H.5.1.4 Recognize trusted adults who can provide assistance. (773.01.d)							